

# The Beattyville Enterprise

Serving Lee County, Beattyville and the Three Forks area for 128 years

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50¢

## "We have the unluckiest drug dealers," Judge Tom Jones

**"Jones then asked, "Did you have bad luck and do it (sell) one time or did you do it before."**

Lee Circuit Judge Tom Jones, after hearing several defendants say the only drugs they ever sold were the one or two to confidential informants, said, "We have the unluckiest drug dealers."

His comment came during the cases of Ricky J. Reece (1966). Reece was charged with trafficking in a controlled substance in the first degree in two separate cases.

Reece had said that a person he knew had been trying to get him to get drugs for him, but he kept putting him off, saying, "I'll call you back."

He never did, but then he broke down because he didn't want to disappoint the person. Shortly after that, he did it again.

He admitted to selling five oxycodone pills the first time, and two the second time.

Reece was sentenced to two years, and as he was walking to the dock, Jones said, "Sorry Mr. Reece."

Reece responded, "That's alright. Thank you your honor."

Earlier, Jones had sentenced Timothy E. Chambers (1962) to three years for two cases of trafficking in a controlled substance in the first degree.

Jones said it was difficult to believe that Chambers had decided to deal in drugs at the age of 48, and that he had sold both times to a confidential informant.

Chambers' attorney, William Trude, said that his client was in a situation and needed money.

Jones said it seemed unlikely that he just then decided to sell, and the person he decided to sell to was a confidential informant.

Chambers said that he tells all the people he knows that are on drugs to get off.

"I'd do anything I could to help them get off drugs," Chambers said.

Jones said he had received letters on his behalf. However, he was facing 10 years in prison.

Jones then said he was going to sustain the Commonwealth's recommendation of three years.

"I know I made a mistake," Chambers said.

Jones then said, "It's hard to believe that you're that unlucky."

Chambers said he had sold before.

Jones told him that was why he could not probate him, and wished him good luck.

Chambers then walked out of the courtroom, causing the probation and parole officer to pursue him. She brought him back in the room, and Chambers said, "I didn't realize."

Trude was also the attorney for Bessie Wade (1967) who was charged with trafficking in a controlled substance in the first degree.

He said that the probation and parole officer would not object to probation, and he requested it.

Assistant Commonwealth's Attorney Jeff Stiles said that probation was not a part of the plea offer, that being she serve one year.

Wade said she was just trying to help a person.

Jones then asked, "Did you have bad luck and do it (sell) one time or did you do it before."

She said that was the only time she had sold drugs.

Jones said there should be some consequences, and the person who came to her house to buy drugs should have walked away with a black eye.

"They should not have approached your house," Jones said.

She was sentenced to a year.

Scotty Spicer (1974) was scheduled to be sentenced for two counts of trafficking in a controlled substance in the first degree.

His attorney asked for probation, saying that Spicer was in treatment.

"I'm sorry I was a bad drug addict," Spicer said.

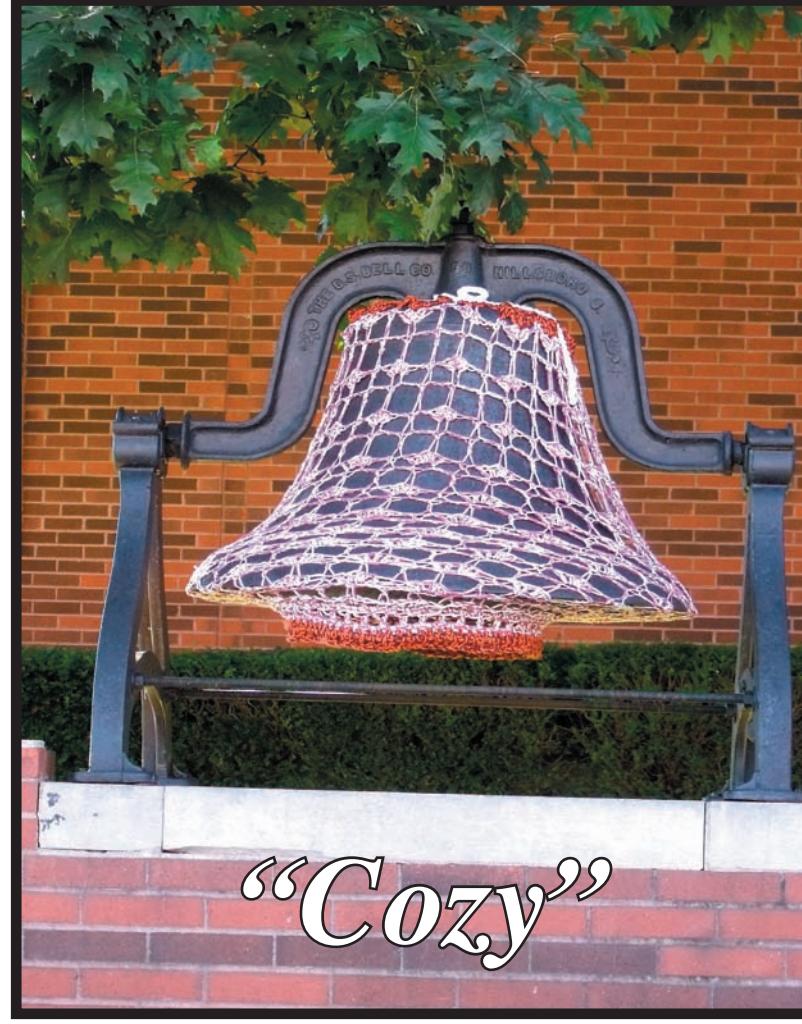
He said he was getting treatment; that he had lost his children, but that he had them back now.

He admitted to selling during a summer, but said that he "was kinda middle person" that knew where the drugs were.

Spicer said he quit drugs when he lost his children.

He admitted to selling drugs on April 19 and May 12 to a confidential informant.

"I was supporting my habit," he said.



The bell outside the courthouse got a nice crochet cover to keep it warm this fall and winter, thanks to an anonymous knitter.

Jones then directed that Spicer have a drug test.

He came back later, having tested positive for two prescriptions he had.

Jones said he was going to think about the possibility of probation, because Spicer had "bared his soul."

Kenny Turner (1966) was sentenced to four years for complicity in trafficking in a controlled substance in the first degree.

Charnel Burton, Turner's attorney, said the Commonwealth had agreed to probation.

Stiles said that the UNITE officer, Matt Easter, had presented the wrong tape, the one for another case that Turner was in. Also, he said that Turner had been in jail for eight months, "...basically on the wrong charge."

Jones said he was not going to grant probation.

The judge spent a substantial amount of time explaining what was happening in the case of Shelby Turner (1989).

Turner had agreed to an Alford Plea, which means that he is not admitting guilty, but believes the evidence would convict him.

Jones asked him if he understood what was happening.

Turner said no.

Jones then explained the proceedings.

Turner said he had been on psychological medicines since he was four years old.

Jones asked him if that affects his ability to think clearly.

The judge then asked Turner if he would rather be admitting to a felony or misdemeanor.

Turner said he preferred a misdemeanor.

Jones then asked him if he knew who Stiles was.

Yes, he said, Stiles is the prosecutor.

Did he know who he (Jones) was?

Yes, he was the judge.

Did he understand who his defense attorney was.

He said yes, she worked for him and for the court.

Jones then said he was going to sentence him to 12 months for receiving stolen property under \$500 and for fleeing and evading police in the second degree.

Later in the proceedings, while Jones was hearing another case, he called Turner's sister Shelly forward to warn her about talking during proceedings.

He said, "It's going to be a family reunion" in jail if she did not stop.

The day ended on an emotional note.

Betty M. Thorpe (1970) was called on a charge of unlawful imprisonment in the first degree. The Commonwealth had dropped a charge of complicity to sodomy in the first degree.

Jones said the case had originally also included a rape charge.

Stiles said the victim (who was present) had come forward and agreed to have Thorpe receive probation.

Thorpe's attorney said that she was working two jobs; had no criminal record; and, had a teenage child to care for.

Jones asked the complaining party why she had changed her mind, and now wanted Thorpe to have probation.

The woman, while crying, said, "I just didn't understand what was going on."

Thorpe's attorney said that if the case had gone to trial the jury would have been told that the sex (Thorpe's then husband was allegedly also involved) was consensual.

"She (Thorpe) held her down," Jones said.

He said he was "baffled" why someone without a criminal record would have committed such a crime.

"I did not set out to hurt anyone," Thorpe said.

Jones then said that he was going to sentence her to five years, and that she could have been sentenced to 40 years if the Commonwealth had not agreed to a plea.

Thorpe then broke down crying.

"Oh my God no!" she said.

## Grand Jury indicts five

The Lee County Grand Jury has indicted five people, three of them in one case.

Paul D. Williams, 62, Matthew Williams, 34, and Tamara Williams, 36, all from Grays Bend Road, have been charged with several drug related charges.

According to the indictment, on August 30, 2010 all three were charged with complicity to cultivate marijuana. The indictment says they planted, cultivated or harvested more than 30 plants in one area and 21 in another, with the intent to sell.

Paul Williams is charged with being in possession of drug paraphernalia on the same date, and with trafficking in marijuana in the first degree.

Again, on the same date, Matthew Williams is charged with being in possession of marijuana in the first degree; being in possession of drug paraphernalia; and being in possession of a controlled substance (oxycodone) in the first degree.

Tamara Williams, on the same date, is charged with tampering with physical evidence – concealing some firearms.

The witness before the grand jury was Jeremy Devasher of the Kentucky State Police.

Chad William Aikins, 25 of KY 11 South, is charged with robbery in the first degree.

According to the indictment, on August 6 of this year, Aikins threatened a clerk at a tobacco store, and took money and items valued at over \$3,500.

Lee County Deputy Sheriff Kevin Shacklerford was the witness before the grand jury.

Paul M. Shelton, 30 of Fairground Ridge Road, committed the offense of flagrant non-support on September 1 of this year. The alleged arrearage is \$6,386.

Trisha Shelton was the witness before the grand jury.

## Whooping cough continues to spread

According to state health officials, reports of whooping cough have increased to 437 confirmed cases.

Susan Kincaid, educator for the Lee County Health Department, says that 20 of those cases have been in neighboring Estill County and another 33 in Madison County.

"Without the whooping cough vaccine citizens could get very sick," she said.

"The disease usually starts with cold-like symptoms and maybe a mild cough or fever, and after one to two weeks, severe coughing can begin.

"Unlike the common cold, whooping cough can become a series of coughing fits that continue for weeks."

She said the Lee County Health Department urges everyone to be vaccinated. The Tdap vaccine is available for free to 11-year-olds and older at the department for those that qualify.

The phone number is 464-2492.

## Americans with Medicare will save

Americans with Medicare will save Seniors in Kentucky Have Saved \$85.5 Million on Prescription Drugs; 355,994 Received Free Preventive Care in 2012

Thanks to the health care law – the Affordable Care Act – the average person with traditional Medicare will save \$5,000 from 2010 to 2022 according to a new report released today by the Department of Health and Human Services. People with Medicare who have high prescription drug costs will save much more – more than \$18,000 – over the same period.

The Department of Health and Human Services also announced that thanks to the health care law, seniors and people with disabilities in Kentucky have already saved \$85,516,177 on prescription drugs since the law was enacted. Seniors in Kentucky in the Medicare prescription drug coverage gap known as the donut hole have saved an average of \$611 in the first eight months of 2012 alone. In addition, during the first eight months of 2012, 355,994 people with original Medicare received at least one preventive service at no cost to them.



# Opinion Page

## Failure to Pass Food, Farm and Jobs Bill

In a year that has brought its share of challenges to America's farmers and ranchers, the House Republicans have added new uncertainty for rural America.

Unfortunately, House Republicans left Washington without passing comprehensive, multi-year food, farm and jobs legislation, leaving thousands of farming families exposed. U.S. agriculture is fighting to maintain the tremendous momentum it has built over the past three years, but with natural disasters and other external forces threatening livelihoods of our farmers and ranchers, certainty is more important than ever. Americans deserve a food, farm and

*Agriculture Secretary Tom Vilsack made the following statement today about Congress' failure to pass comprehensive, multi-year food, farm and jobs legislation before the current law expires on Sept. 30, 2012:*

## Potential HIPAA Breach

No evidence that data was compromised

The Cabinet for Health and Family Services is informing approximately 2,500 clients by letter of a possible employee e-mail account breach that may have resulted in the unintentional release of information held by the Cabinet's Department for Community Based Services (DCBS).

In July, a DCBS employee responded to a "phishing" e-mail sent by a hacker. Unauthorized activity on the account was identified within a half hour and the account was immediately disabled. While there is no evidence that the confidential contents of the e-mail account were accessed or viewed, the hacker did have access to the e-mail account for a brief period. Data about the individuals being notified was included in the National Youth Transition Database monitoring those in the process of or who have recently aged out of the foster care system.

"In all likelihood, the hacker intended to access the state

government e-mail server to send spam e-mails and did not access or view client information," said Rodney Murphy, executive director of the Office of Administrative and Technology Services. "However, out of an abundance of caution, we are notifying clients who might have been affected by this incident. The Cabinet and DCBS take our role of safeguarding the personal information of those we serve very seriously and have increased awareness activities for staff to help protect against future issues of this kind."

The Cabinet is required to notify clients individually of any potential breach involving more than 500 individuals by the federal Health Insurance Portability and Accountability Act, more commonly known as HIPAA. Individuals who believe their information may have been involved or who need additional information should contact Sharon Hilborn by e-mail at [SharonK.Hilborn@ky.gov](mailto:SharonK.Hilborn@ky.gov) or by phone at (502) 564-3703, ext. 3795.

## National Employ Older Workers Week, Sept. 24-28

National Employ Older Workers Week, Sept. 24-28, carries special significance this year as older workers face historic challenges in today's workplace, according to workforce experts in Kentucky.

"Record numbers of older people now give us their expertise and dedication in the workforce. But too many others can't find work – and need to earn wages to survive," said Carole Kincaid, Kentucky state director for Experience Works.

National Employ Older Workers Week, sponsored by the U.S. Department of Labor (DOL), recognizes the great contributions of workers age 55 and older. Employers rate older workers high on judgment, commitment to quality, attendance, and punctuality.

Even so, the economic downturn has been particularly tough on older workers. Long-term unemployment has increased for those ages 55 and older since the recession began, more so than for any other age group, according to an AARP study conducted in June.

SCSEP is a highly effective program that responds to the

ever-growing number of older people who both want and need to work by helping them get back into the workforce, maintain self-sufficiency, and age with dignity.

After searching for more than three years, Ronnie Blevins, 55, was able to land a job working in maintenance/janitorial with The Bennett Center.

"When I enrolled in the program I did not have my GED and probably would not have attempted to get it had it not been for the encourage-

ment and support I received from the Experience Works staff, Blevins said. Within two weeks of getting my GED I went to work for The Bennett Center full time with benefits. My self-esteem has improved tremendously and I am very proud of my accomplishments.

Experience Works SCSEP operates in 61 counties in Kentucky and 29 other states and Puerto Rico. For information, call 606-678-5700 or visit [www.experienceworks.org](http://www.experienceworks.org).

## The Beattyville Enterprise

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## Knocking Monkeys

By Chuck Caudill Jr.



Have you ever been frog gigging? It's a man against frog safari where man enters the frog's realm with a light, a long pole with a trident and, if you're lucky, a boat. For those who don't know the rules of engagement which pits wily man against fast amphibian, they are fairly simple. On a night darker than the deepest coal mine, get together with a few friends. Grab a flashlight, a gig (long pole with trident), a john boat, and a sufficient amount of alcohol based libations to make the evening unpredictable. Whenever possible, introduce a young man (I can't speak for women here, because I have never seen them participate in this particular endeavor. I'm not saying they don't or shouldn't, but I've never seen or heard of a woman/girl getting together with a bunch of friends to gang up on a frog—perhaps they are above this kind of adventure.)

Why introduce a boy into the mix? It's a ritual where he observes older, wiser men outside their normal environment in a primal state much like the first cave men (Wait a minute, think about this for a second, who was the first guy to see a frog and say, "mmm, mmm, look at those legs, I'll bet they taste good"). It's almost a secret initiation into being a man. Where was I? Oh yeah, you have the gig, light, boat, and booze together on a coal black night with a bunch of men. After consuming a not insignificant amount of social lubrication, which also slows reaction times and impacts good balance and judgment, climb into the boat, push off from the shore. One person holds the light, while the other stands in the bow like some modern Queequeg, wanting to bury his harpoon not into Moby Dick, but into Rana Catesbeiana, the American Bull Frog.

The light holder's job is to look for the reflection of the eyes of the frogs near the shore and to keep them blinded until you can get within striking distance for the gig operator. Once close enough, spear the frog and bring it on the boat. Now remember, there are others in the boat whose purpose is vague. Is it to hold a bag, act as an extra pair of eyes, cut off legs or simply make the boat more unstable and lessen the amount of freeboard above the waterline? Perhaps their job is to just tell tales about the five pounder they gigged (the largest frogs are just less than 2lbs).

Now you would think after you've run this hardy little amphibian through with a spear, the fight would be out of it and this is a common mistake, because more than one boat loaded with less than ideally balanced men have reached for a frog leaping back into the water only to discover, too late, when all the weight goes to one side of the boat, the physics of buoyancy becomes all to real as water rushes in and the entire boat follows the frog into the murky depths.

I have experienced this event and heard countless similar tales from others, each time with great laughter and joy. For me, this was a time when my father welcomed me into his circle of friends. I am the only one who remembered it completely. Sunday, 23 Sept, 2001 was the 10th anniversary of his death and it's memories like these that keep him and others we've all lost alive. Comment

## National Megan's Law Helpline & Sex Offender Registration Tips Program

The National Megan's Law referrals.

The Sex Offender Registration Tips Program provides the public an opportunity to report registrants who are failing to comply with registration requirements, employment or supervision restrictions or who are in positions of trust where they can access children. Tips can be provided via the Helpline or website at [www.parentsformeganslaw.org](http://www.parentsformeganslaw.org). This program is not intended to be used to report police emergencies. Dial 911 or contact your local law enforcement agency directly for emergencies. Agency deputized staff work collaboratively with federal, state and local law enforcement agencies to facilitate the appropriate follow-up action.

## KY River Dist. Board of Health Meeting

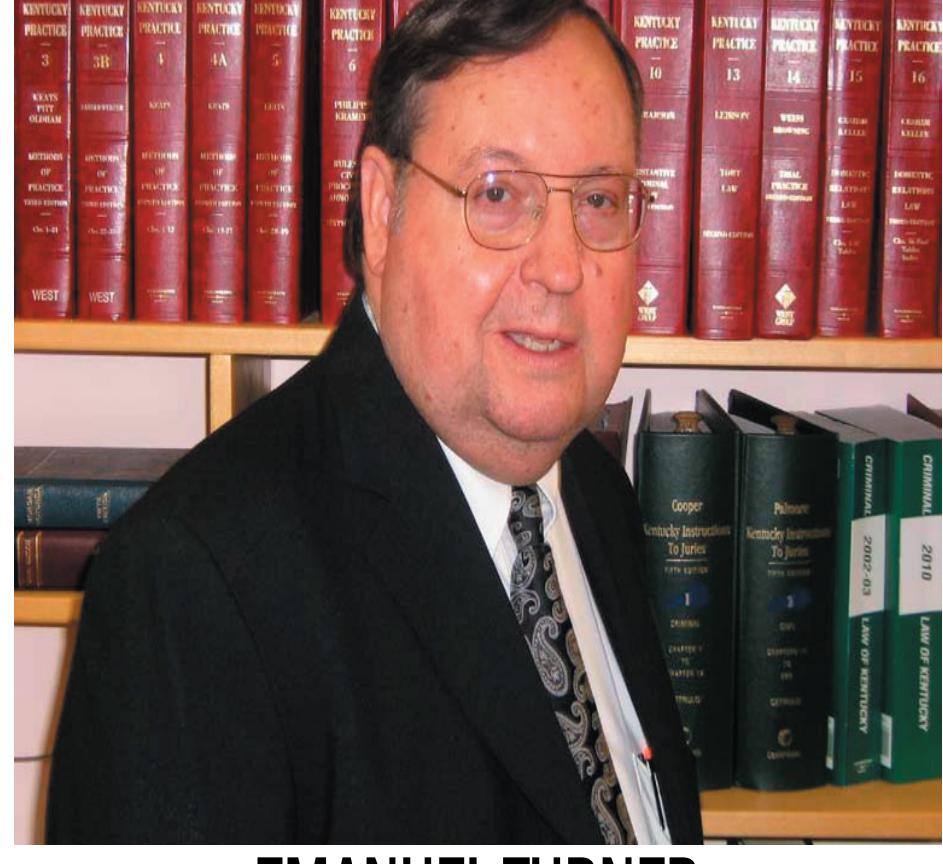
There will be a meeting of the Kentucky River District Board Of Health, Tuesday, October 2, 2012 at 6:30 p.m., at Big Blue Smokehouse in Jackson, KY. All board members are encouraged to attend.

## Narcotics Anonymous

**Group: Mountain High**  
**Location: St. Thomas Episcopal Church**  
**When: Thursday 8:00 pm - 9:00 pm**  
**Call 464-3516 or 606-560-4521**  
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# Church Page



## — Obituaries —



### Bobby Bowling

Bobby Bowling, age 49, passed away Wednesday, September 19, 2012 in Beattyville, KY.

Bobby was born in Oneida, Clay County, Kentucky on April 25, 1963, a son of the late Joe Bowling and Carrie Bowling of Booneville, KY. He was a former construction worker, enjoyed following the Cincinnati Reds baseball team, a huge fan of University of Kentucky basketball program, along with being an avid golfer. Bobby was associated with both; the Ida May Bible Church at Ida May, KY, and Warrens Chapel United Methodist Church in Vincent, KY.

He is survived by 2 daughters; Bobbie Brooke and Whitney Bowling along with their mother, Debbie Bowling all of Beattyville, KY, 2 brothers; Mike (Belinda) Bowling of Richmond, KY, Gary (Caddis) Bowling of Booneville, KY, 7 sisters; Karen (Tom) Hall of Beattyville, KY, Joan (Ronnie) Campbell of Booneville, KY, Kay Smith of Lexington, KY, Debbie (Mike) Green of Lexington, KY, Charlotte (Mark) Atkins, of Beattyville, KY, Gail Bowling, Donna Ertel both of Booneville, KY, Uncles J.T. (Kathleen), Charlie (Barbara) Bowling, Bob Terry, and Aunt Betty (Ron) Davis, along with many other loving nieces, nephews, family members and friends.

Bobby was preceded in death by his dad, Aunt Aggie Terry, and Uncles Clarence and Clyde Bowling.

Funeral Services were held at the Booneville Funeral Home, Booneville, KY, on Saturday, September 22, 2012 with Reverends J. Jamison Brunk, Kevin Baker, and Pastor William Owens officiating. Bobby was laid to rest in the Bowling Family Cemetery located in the Vincent community of Owsley County. To leave the family a special message visit [www.boonevilleky-funeralhome.com](http://www.boonevilleky-funeralhome.com). The Booneville Funeral Home in charge of all arrangements.



### Darvin Wayne Frey

Darvin Wayne Frey, age 55, husband of Melissa (Hopkins) Frey, passed away Wednesday, September 19, 2012 at the University of Kentucky Chandler Medical Center in Lexington, KY.

Darvin was born in Batesville, Indiana on April 5, 1957, a son of the late Robert and Sandra (Morling) Frey. He was retired from the Indiana National Guard after spending a tour with the US Navy and US Army, his love of music was admired by everyone, his natural talent allowed him to play any string instrument. Darvin had a love for hunting, fishing and being the "prankster" in the crowd, he was a member of the Beattyville Church of the Nazarene in Beattyville, KY and a member of St Helens Masonic Lodge 684.

He is survived by his loving wife of 22 years, 1 son; Joshua (Amberlyn) Frey of Hinesville, GA, 5 daughters; Kristie (Youssef) Khairi and Nicky Norton, both of Gatesville, TX, Heather (Jr.) Short, Laci (Adam) Smith, and Raven Gibson all of Rose Hill, VA, 1 brother; Robert Frey of Cheyenne, WY, 1 sister; Brenda Roeder of Dillsboro, IN, father and mother in law; Jim and Joyce Hopkins of Gatesville, TX and special friend, Dave Withee, 10 grandchildren, and 1 great grandchild, along with other loving family members and friends.

Darvin was preceded in death by his parents, 1 sister; Tracy Brown, 1 brother in law; Bob Brown and 1 niece; Bobby Jo Brown.

Military Rites by Three Forks VFW Post #11296 and Funeral Services were held at the Booneville Funeral Home, Booneville, KY, Sunday, September 23, 2012 with Pastor Rick Isaacs officiating. Darvin was laid to rest in the Couch Hopewell Cemetery located in Lee County. To leave the family a special message visit [www.boonevilleky-funeralhome.com](http://www.boonevilleky-funeralhome.com). The Booneville Funeral Home in charge of all arrangements.



Saturday, October 13<sup>th</sup>  
7:00 p.m. at

### Beattyville Christian Church

you are invited to a free, informal evening of guitar and piano music given by Phyllis J. Mills and Larry Nickerson (of Sebring, FL).

Put on your blue-jeans, bring your instruments and play along after intermission.

## A different view

By Betty Crabtree



When I woke this morning I thought of a verse in James 4:7, (KJV) that says, "Submit yourselves therefore to God, (what is the word therefore there for? things previously talked about) Resist the devil, and he will flee from you". The premise is to explain what was said previously. Submitting to the will of God in all things is a pretty smart thing to do. It's His desire to help us! I like Psalms, in chapter 3:3 that says, "But thou, O Lord, art a shield for me; my glory, and the lifter up of my head". And in The Message Bible it's said this way, "But you, God, shield me on all sides; You ground my feet, You lift my head high".

Submitting our wills, hum-

bling ourselves is a prerequisite to resisting the devil. That submitting thing isn't always easy, at least until you learn it's surely the best thing to do. As it says in The Message, "If all you want is your own way, flirting with the world every chance you get, you end up enemies of God and His way. And do you suppose God doesn't care? The Proverb has it that he's a fiercely jealous lover. [Joshua 24:49 and Nahum 1:2]. And what He gives in love is far better than anything else you'll find". Jeremiah 29:11 tells us that His thoughts towards us are all planned out-plans to take care of us, not to abandon us, plans to give you the future you hope for.

Enough said?



## The Word

By Gerline McIntosh

Hello to everyone, it is time for our word. I want to write this week bout adultery and fornication.

Exodus 20:14

(14) Thou shalt not commit adultery. This is the seventh commandment.

I Thessalonians 4:3,4,7

(3) For this is the will of God, even your sanctification, that ye should abstain from fornication.

(4) That every one of you should know how to possess his vessel in sanctification and honor.

Romans 6:12,13,16

(12) Let not sin therefore reign in your mortal body, that ye should obey it in the lust thereof.

(13) Neither yield ye your members as instruments of unrighteousness unto God.

(16) Know ye not, that to whom ye yield yourselves servants to obey, his servants ye are to whom ye obey, whether of sin unto death, or of obedience unto righteousness.

Romans 12:1,2

(1) I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.

(2) And be not conformed to this world, but be ye transformed by renewing of your mind, that ye may prove what is that good and acceptable and perfect, will of God.

I Corinthians 3:16,17

(16) Know ye not that ye are the temple of God, and that the spirit of God dwelleth in you.

(17) If any man defile the temple of God, him shall God destroy, for the temple of God is Holy, which temple ye are.

I Corinthians 6:9,10,13,15-20

(9) Know ye not that the unrighteous shall not inherit the kingdom of God, be not deceived, neither fornicators, nor idolaters, nor adulterers, nor effeminate, nor abusers of themselves with mankind.

(10) Nor thieves, nor covetous, nor drunkards, nor revilers, nor extortioners, shall inherit the kingdom of God.

(13) Meats for the belly, and the belly for meats, but God shall destroy both it and them, now the body is not for fornication, but for the Lord, and the Lord for the body.

(15) Know ye not that your bodies are the members of Christ, shall I then take the

members of Christ, and make them the members of an harlot? God forbid.

(16) What? Know ye not that he which is joined to an harlot is one body, for two, saith he, shall be one flesh.

(17) But he that is joined unto the Lord is one spirit.

(18) Flee fornication, every sin that a man doeth is without the body, but he that committeth fornication sinneth against his own body.

(19) What? Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own.

(20) For ye are bought with a price, therefore glorify God in your body, and in your spirit, which are God's.

I Corinthians 5:9,11

(9) I wrote unto you in an epistle not to company with fornicators.

(11) But now I have written unto you not to keep company, if any man that is called a brother be a fornicator, or covetous, or an idolater, or a railed, or a drunkard, or an extortioner, with such an one no not to eat.

Matthew 5:27,28,29

(27) Ye have heard that it was said by them of old time, thou shalt not commit adultery.

(28) But I sa unto you, that whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart.

(29) And if thy right eye offend thee, pluck it out, and cast it from thee, for it is profitable for thee that one of thy members should perish, and not thay thy whole body should be cast into hell.

Proverbs 6:32

(32) But whoso committeth adultery with a woman lacketh understanding, he that doeth it destroyeth his own soul.

Hebrews 10:26

(26) For if we sin willfully after that we have received the knowledge of the truth, there remaineth no more sacrifice for sins.

Fornication-means, living together and not married.

Adultery-means, being married and sleeping with someone else.

May God bless until next week.



## Torrent Church of God Homecoming & Concert



Homecoming Sunday,  
October 7, at 10:30  
a.m. at Torrent First  
Church of God. There  
will be a special gospel  
music concert featuring

"Heavenly Reign" from  
Shepherdsville, KY.

They travel the country  
spreading the message  
of salvation in song.

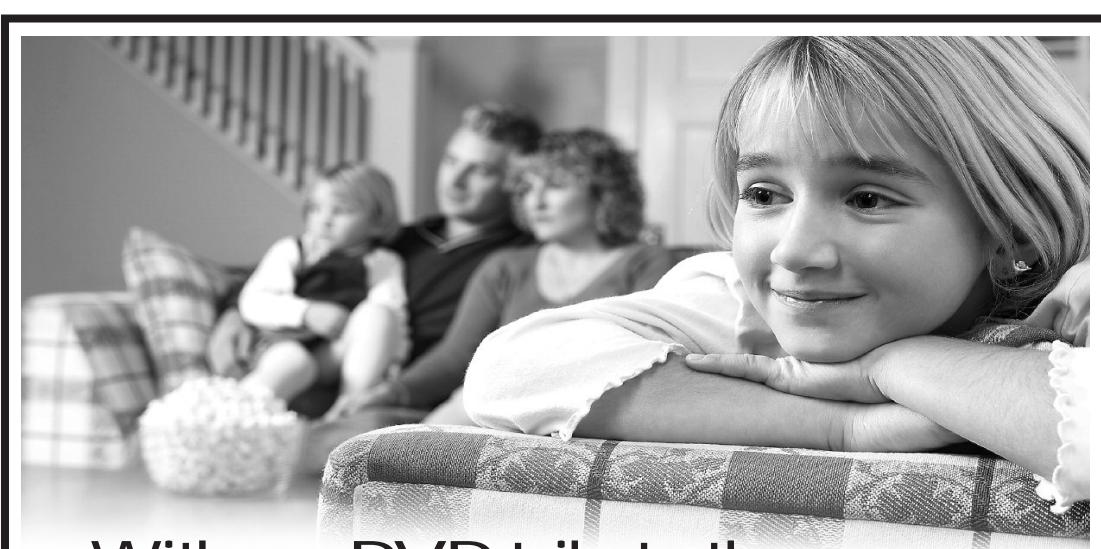
Dinner will be served  
immediately following  
the service. The church  
is located 5 miles south  
of Natural Bridge on

HWY 11 or 1 mile north  
of Zachariah. Pastor

Marvin Hobbs and the  
Torrent congregation  
invite you to join us.

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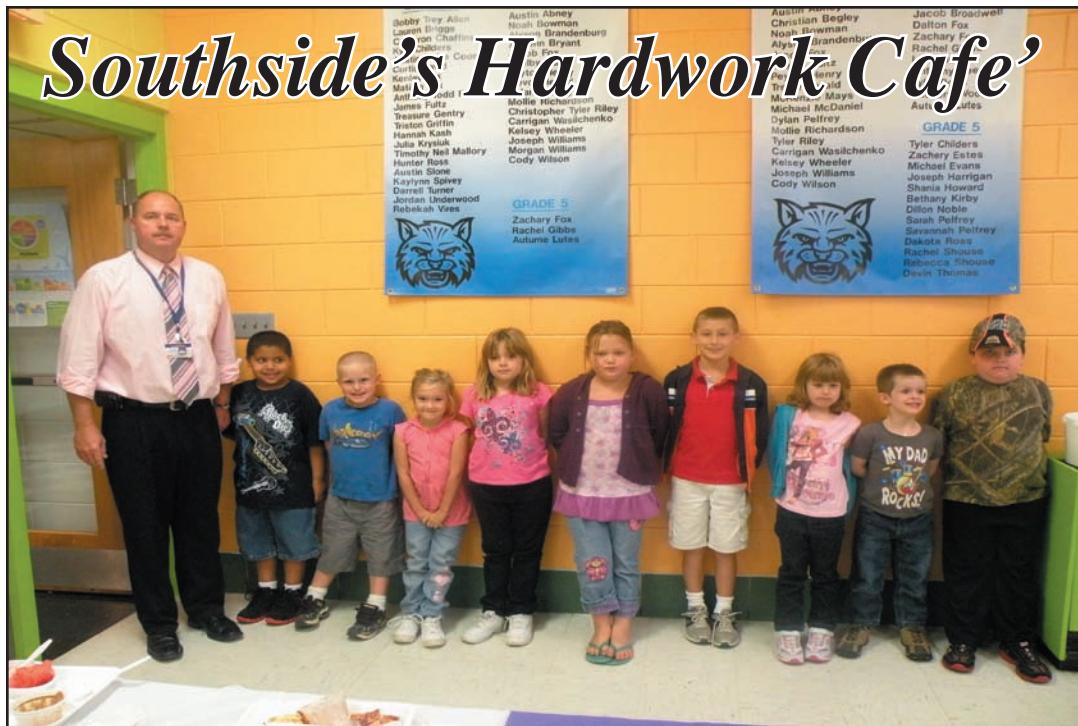
\* [www.newnamfuneralhome.com](http://www.newnamfuneralhome.com)



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# LEE COUNTY SCHOOL NEWS



Southside Elementary celebrated the success of our K-2 Hardwork Café students by providing a lunch with Mr. Carroll. Each student also received ten dollars in Starbuck rewards. Congratulations on your effort!  
Mr. Carroll, Jalyn Embry, Chancey Deaton, Katelynn Riley, Allison Raines, Emily Campbell, Christian Bowling, Kristen Flinchum, Izia Barker and Landon Noble, Carson Hobbs (not pictured).

## Bobcat Golf Scramble results

Submitted by Danny Wright

The Lee County Bobcats Basketball Team held our eight Annual Golf Scramble Saturday, September 22 at the Beattyville Country Club Golf Course. There were 6 teams, a total of 29 golfers that participated in the event. The winning team include: John Begley, Derek Begley, Josh Liesegang, and Paul Moore. These four golfers combined to shoot 17 under for 18 holes. The second place team: included Mark Eperson, Earl Gabbard, Ferrel Wise, Danny Dunahoo and Caleb Gibson. These four golfers combined to shoot 13 under for 18 holes.

The Lee Bobcat Basketball Players, Parents, and Coaching Staff would like to thank the following sponsors: Tanner Dodge, Dairy Queen, Bretagne Oil, Tom Jones, Bobcat Drive-In, Peoples Exchange Bank and Insurance, Don Begley's Auto Sales, Village Apothecary, Stufflebean Pharmacy, Jordan Drug, Mitch

Cornelius Trophies & Awards, Steve Mays, Libby Roach, Newnam Funeral Home, Evans Masonry, The Beattyville Enterprise and Three Forks Tradition (for running our flyers and announcements for free), Joey Minter, John Smith, Congleton Brothers, Lee County Building Supply, Shell Food Mart and Subway (Workman Oil), Earl and Thersa Gabbard, Tom Hollon, Robots In Disguise, Mudcat Construction, David Lyons (Middle Fork Farms), Herald & Herald Law Offices, Sag Hollow Golf Course, Begley Auto, Emma Adams, Archie Wathen, Kim Noe, Mudslinger, Robert Stamper, Bug Childers, The Wells Group, Scenic Cabin Rentals, Kellwell, Russell Stamper, Alexander's, Ronnie Stamper, Beattyville Early Childhood, T & J Transport INC, Farmer's State Bank, Jimmy's Automotive, Danny Dunahoo and Hill Top.

We appreciate your support



**Whats  
coming  
up.....  
Fall Break**

*There will be no school on Wednesday, Oct 17,  
Thursday, Oct 18<sup>th</sup> and Friday, Oct 19<sup>th</sup>.*

**Beattyville Elementary Parent Teacher  
Conferences are scheduled for Monday,  
October 1<sup>st</sup>  
from 4:00-6:00.**

### MANDATORY IPAD MEETING FOR 5<sup>TH</sup> GRADE PARENTS

*There will be an iPad Meeting for 5<sup>th</sup> grade parents on the following dates. Please come at your convenience. Parents must attend one of the following meetings in order for their child to be able to take their iPads home:  
Monday, December 17<sup>th</sup> @ 5:00 at Beattyville Elementary*

**L.C.M.S. students will be allowed to wear hats on the last Friday in each month. Check the Photo Gallery each month to see the current fads/fashions.**

## AG teacher to receive Honorary American Farmers Degree

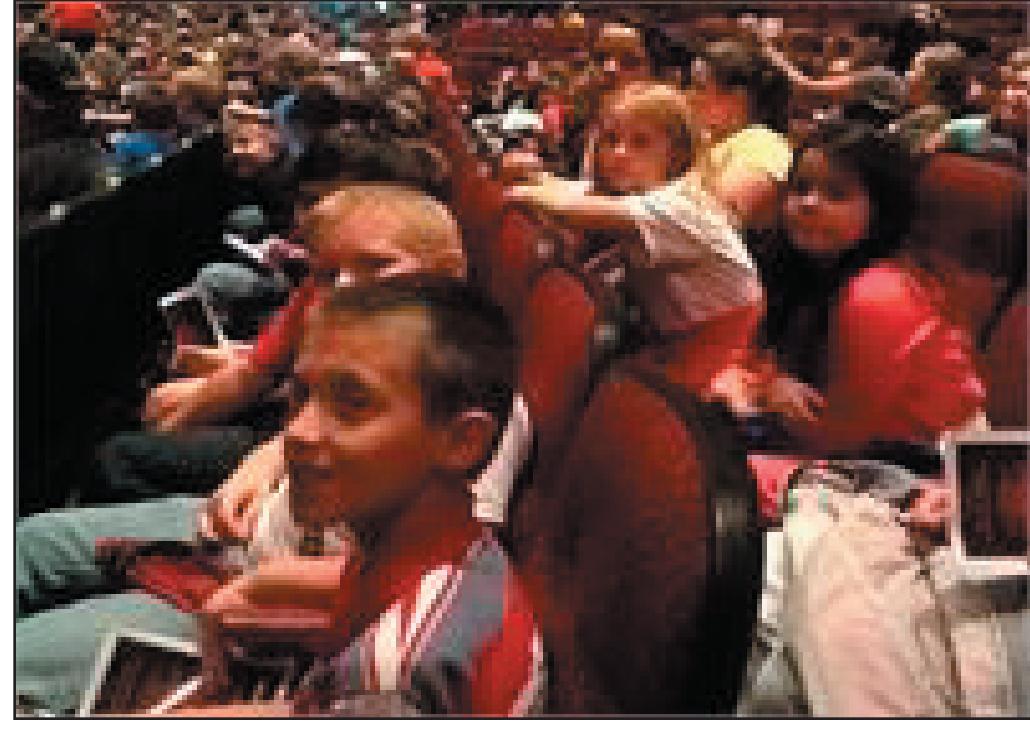
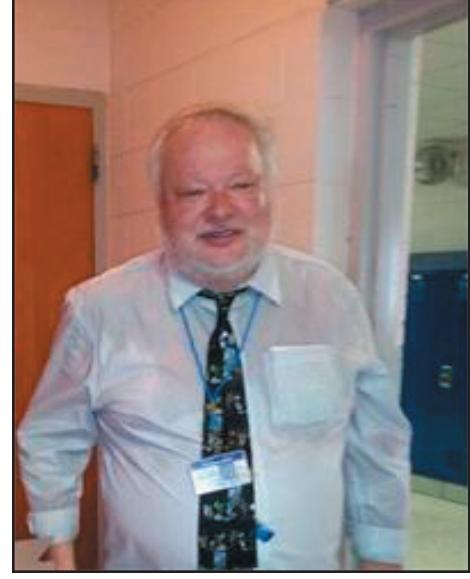
By Brack D. Seale II

Mr. Orville Bennett, teacher of Agriculture at Lee County High School, has received a very prestigious honor.

On October 26, 2012, Mr. Bennett will take the stage along with many other Ag teachers across the continental United States, Puerto Rico, Alaska, Virgin Islands, and Hawaii at the 85<sup>th</sup> National FFA Convention in Indianapolis, IN.

He will receive the Honorary American Farmers Degree for all of his hard work and dedication to the Lee County High School FFA chapter. Mr. Bennett was elected by the Kentucky FFA Association and was then chosen by the National FFA Association to receive this honor.

It is great honor to be receiving this award. It is the highest degree that an Agricultural Education teacher can receive. Orville Bennett, Agricultural Education teacher.



## Lee County 4th graders visit EKU

Both Beattyville Elementary and Southside Elementary 4<sup>th</sup> graders enjoyed a field trip to the EKU Center for the Arts to listen to a performing orchestra.

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## Honey for Sale Lee County 4-H Fund Raiser

**Lee County Extension Service**



**\$7 for 1 lb Bottle  
Monday - Friday**

**8:00 a.m. to 4:30 p.m.**



4-H is a **community** of **young people**  
across America who are learning  
**leadership, citizenship and life skills.**



**Proceeds From Sale Will Sponsor  
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For further information please contact the Lee County Extension Service at (606) 464-2759.



Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties Cooperating. Disabilities accommodated with prior notification.

**\*If you have any school news you would like to see in**



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# Local News & Happenings



Linda Bradenburg  
9/13/12 winner



Mary Vanderpool 9/7/12 winner  
with Elizabeth Hollon, Teller/CSR



Tommy Hall winner from 9/21 with  
Elizabeth Hollon.



Kim Newman 9/14/12 winner, with Crystal  
Robinson, Retail Lender/CRA Officer PEB



## And the winner's are



### Peoples Exchange Bank marks 100 years with '100 good deeds'

Peoples Exchange Bank celebrated its 100<sup>th</sup> anniversary in September. As they marked this historic milestone they took a moment to reflect on who they were as a company and were reminded of the basic principles on which the bank was founded a century ago.

"We have always been committed to providing excellent customer service and a steadfast commitment to the communities in which we live and work," said Charles Beach, III, Chairman

of the Board, Peoples Exchange Bank. "These core values still hold true today and this was a way to honor that foundation."

Peoples Exchange Bank considered various marketing efforts for their anniversary celebration. They kept coming back to wouldn't it be better to take the money and effort and put it towards showing people what they were all about. With that was born the concept of '100 Good Deeds.'

Throughout the year employees have organized and

participated in philanthropic efforts – both in dollar and in deeds.

"Our employees are very involved in their communities and this project was indicative of the spirit they have," said Charles Beach, III. "It's just taking the time throughout this year to say this is going to be a priority and we are going to focus on it."

As part of this program, each market planned their own projects; performing whatever good deed they were

most committed to – feeding the homeless, organizing blood drives, recycling, raising funds for cancer awareness, mentoring youth, performing neighborhood cleanups, etc.

The service projects were tallied as the year progressed and reaffirms how, in large ways and small, Peoples Exchange Bank can make a difference in the communities they serve.

The company encourages employees to give their time and talents outside of our bank-sponsored events by supporting and recognizing their efforts. "As we grow, so does our commitment to being a positive force in our

communities," said Claude Bentley, President & CEO of Peoples Exchange Bank. "By working together, we can continue to build a legacy of giving back."

Peoples Exchange Bank first opened its doors on September 3, 1912. It began as Peoples Exchange Bank of Beattyville with a capitalization of \$15,000.

Today the bank holds over \$353 million in assets and serves Scott, Fayette, Woodford, Clark, Laurel, Madison, Montgomery, Powell and Lee Counties. The bank offers a wide range of banking and financial products including services

to individuals, businesses and organizations and remains a leader in community bank performance and service to the people of Central and Eastern Kentucky.

"We are excited about this milestone year and our centennial theme of Celebrating 100 Years with 100 Good Deeds," said Charles Beach, III. "This initiative encouraged our employees to get involved in various projects in our communities throughout the year. It is our desire that these 'good deeds' reflect our appreciation to the communities we serve for allowing us to assist with their financial needs."

### Buckhorn reunion to be held

The Buckhorn Alumni Association will host the Buckhorn Reunion on October 19, 20, and 21, 2012. Activities will include music, dancing, good food, and lots of fun for young and old alike.

Activities on Friday will be held at Buckhorn Lake State Resort Park with registration beginning at 2:00 p.m. followed by a dinner buffet. The social hour will begin

at 7 p.m. in the Park's Lobby area. The events on Saturday will begin at 12 noon at Buckhorn Lake Area Church with a lunch for classmates and friends to meet and enjoy time together followed by the Business Meeting at 1:30 p.m. to elect officers. The lunch is a fundraiser for the Church Renovation Project.

On Saturday evening we will have a dance (with refresh-

### Manufacturing Operations coming to Richmond, to Create 45 Jobs

Governor Steve Beshear today announced Thunder Tool & Manufacturing Ltd. has purchased a 30,000-square-foot facility in Richmond. The company plans to create 45 new, full-time jobs and invest \$2.2 million in the project.

"Thunder Tool is a tremendous success story out of Canada, and we're thrilled it chose Kentucky as the place to begin its growth in the United States," said Gov. Beshear.

"We're proud to partner with Thunder Tool and welcome 45 new jobs and a multi-million dollar investment in the Commonwealth."

Thunder Tool began in 1965, for," said President and CEO

as a small tool and die shop and has grown into one of the leading metal stamping companies in Canada. The Thunder Tool facility will be in the Richmond Industrial Park South II, off Duncannon Lane.

Kentucky is home to more than 420 internationally based companies from 30 nations, employing approximately 76,000 people.

"When the opportunity arose for us to put our facility in the United States and expand our presence in North America, we were excited that Richmond, Kentucky had everything we were looking for," said President and CEO

of Thunder Manufacturing USA Inc. Singh Hansra. "Richmond has a strategic location, sound workforce and business-friendly local government."

"Madison County is

thrilled that Thunder Tool

will be locating in Richmond

Industrial Park South II,"

said Madison County Judge-

Executive Kent Clark. "I

know that our citizens will

be excited about the various

opportunities that 45 new jobs

will bring to our community.

Madison County is also ap-

preciative of all the efforts put

forth by the city of Richmond

and the Commonwealth of

Kentucky that helped to make

this project a reality for the

benefit of our region."

For more information on

Thunder Tool, visit [www.thundertool.com](http://www.thundertool.com).

To apply for a job at Thunder Tool, e-mail

[jobs@thundertool.com](mailto:jobs@thundertool.com).

**"Using our Co-op Connections Card is like giving ourselves a \$25 a week raise..."**



Peggy and Leo Crowe of Estill County are big fans of the Jackson Energy Co-op Connections Card.

"This past month we saved \$100 on the cost of our prescriptions," Leo said. "Using our Co-op Connections Card is like giving ourselves a \$25 a week raise...and we couldn't be happier with that!"



Learn More!

[www.jacksonenergy.com](http://www.jacksonenergy.com)

[www.myjacksonenergy.com](http://www.myjacksonenergy.com)

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**Rosses Creek Picnic**

The Rosses Creek annual picnic will be held September 29th at the old school building. Everyone is invited to attend. Bring a covered dish or more, a soft drink, and a lawn chair. We will have plenty of Gospel Singing and plenty of fun. If you have any questions contact Bill at (606) 723-2653.





# Courthouse Page



## Three Forks Jail Report

Darren S. Alexander, charge: flagrant non support; charge: criminal possession forged instrument, 2<sup>nd</sup> degree, identify; charge: burglary, 3<sup>rd</sup> degree; charge: theft by unlawful taking/disp, all others; charge: criminal mischief, 1<sup>st</sup> degree; charge: leaving scene of accident/fail to render aid or assistance; charge: failure of owner to maintain required insurance, 1<sup>st</sup> offense.

James B. Angel, charge: operating motor vehicle under influence; charge: possession of controlled substance; charge: prescription controlled substance not in original container, 1<sup>st</sup> offense.

David A. Baker, charge: flagrant non support.

Rodney James Beatty, charge: alcohol intoxication in public place, 1<sup>st</sup> and 2<sup>nd</sup> offense; charge: reckless driving; charge: careless driving; charge: rear license illuminated.

Jackie Bowling, charge: flagrant non support.

George Brewer, charge: alcohol intoxication in public place, 1<sup>st</sup> and 2<sup>nd</sup> offenses.

Randy Brewer, charge: alcohol intoxication in public place, 1<sup>st</sup> and 2<sup>nd</sup> offenses.

Stephen Brown, charge: serving bench warrant for court.

Gerald Wayne Bush, charge: knowingly abuse/neglect of adult by person; charge: wanton endangerment, 1<sup>st</sup> degree.

Marcus Caldwell, charge: serving warrant for other police agency.

April Callahan, charge: serving warrant for other police agency; charge: possession of marijuana.

Shonda R. Callahan, charge: theft by unlawful taking/disp, firearm; charge: theft by unlawful taking/disp, all others.

Bobbi Campbell, charge: serving bench warrant for court.

Billy Reed Caudill, charge: murder; charge: wanton endangerment, 1<sup>st</sup> degree.

Shaun C. Caudill, charge: robbery, 1<sup>st</sup> degree; charge: theft by unlawful taking/disp, all others, \$10,000 or more.

Timothy E. Chambers, charge: trafficking controlled substance, 1<sup>st</sup> offense.

Tiffany L. Clair, charge: serving bench warrant for court; charge: failure of non owner operator to maintain required insurance, 1<sup>st</sup> offense; charge: failure to produce insurance card; charge: driving DUI suspended license, 1<sup>st</sup> offense.

Willie Jason Collins, charge: theft by unlawful taking/disp, all others.

Billy Combs, charge: flagrant non support; charge: manufacturing methamphetamine, 1<sup>st</sup> offense; charge: possession controlled substance, 1<sup>st</sup> degree, 1<sup>st</sup> offense (methamphetamine); charge: drug paraphernalia, deliver/manufacture.

Raymond W. Combs, charge: assault 4<sup>th</sup> degree, minor injury; charge: failure to wear seat belts.

Gracie E. Couch, charge: operating motor vehicle under influence, 1<sup>st</sup> offense.

Brenda K. Creech, charge: public intoxication controlled substance, excludes alcohol.

Heather R. Davidson, charge: theft by unlawful taking/disp, shoplifting; charge: criminal trespassing, 3<sup>rd</sup> degree.

Rakeisha Day, charge: receiving stolen property U/\$500.

Richard Neil Deaton, charge: public intoxication controlled substance.

Kyle Dunaway, charge: operating motor vehicle under influence.

ence < 21 years of age.

Romana Dunn, charge: criminal abuse, 1<sup>st</sup> degree.

Eric Gilbert, charge: endangering the welfare of a minor; charge: assault, 4<sup>th</sup> degree, child abuse.

Rita Gray, charge: failure of owner to maintain required insurance, 1<sup>st</sup> offense.

Christina M. Gumm, charge: theft by unlawful taking/disp/ shoplifting.

David Haddix, charge: serving warrant for other police agency; charge: burglary, 3<sup>rd</sup> degree; charge: contempt of court, libel/slander, resistance to order.

Leighann Hall, charge: theft by unlawful taking/disp, shoplifting.

Eric Helton, charge: assault, 3<sup>rd</sup> degree, officer transporting inmates.

Chris Howard, charge: serving warrant for other police agency; charge: assault, 2<sup>nd</sup> degree.

Brandi N. Johnson, charge: alcohol intoxication in public place, 1<sup>st</sup> and 2<sup>nd</sup> offense.

Shane Kidd, charge: serving bench warrant for court; charge: assault, 4<sup>th</sup> degree, domestic violence, minor injury.

Juan Little, charge: alcohol intoxication in public place, 1<sup>st</sup> and 2<sup>nd</sup> offense.

Charles D. Lutes, charge: operating motor vehicle under influence, 2<sup>nd</sup>; charge: alcohol intoxication in public place, 1<sup>st</sup> and 2<sup>nd</sup> offense.

Jack Smith, charge: alcohol intoxication in public place, 1<sup>st</sup> and 2<sup>nd</sup> offense.

Jessica Smith, charge: operating motor vehicle under influence; charge: failure to wear seat belts; charge: failure of owner to maintain required insurance, 1<sup>st</sup> offense.

Jennifer Lynn Marchione, charge: failure of owner to maintain required insurance, 2<sup>nd</sup> or > offense; obstructed vision and/or windshield; charge: failure to produce insurance card; charge: operating on suspended/revoked operators license; charge: no/expired Kentucky registration receipt; charge: failure to register transfer of motor vehicle.

Crystal Spicer, charge: trafficking controlled substance, 1<sup>st</sup> degree, 1<sup>st</sup> offense; charge: trafficking controlled substance, 1<sup>st</sup> degree, 1<sup>st</sup> offense.

Shonda G. Sumner, charge: public intoxication controlled substance, excludes alcohol.

April L. Taulbee, charge: alcohol intoxication in public place, 1<sup>st</sup> and 2<sup>nd</sup> offense.

Tina Marshall, charge: theft by unlawful taking/disp, all others.

Timothy Wayne McKnight, charge: receiving stolen property, u/\$10,000; charge: receiving stolen property (firearm).

Preston D. Morris, charge: public intoxication controlled substance, excludes alcohol.

Michelle Mounts, charge: flagrant non support.

Diane Mullins, charge: theft by unlawful taking/disp, shoplifting.

Caroline C. Nance, charge: serving bench warrant for court; charge: forgery, 2<sup>nd</sup> degree.

Jessica Noble, charge: possession controlled substance, 1<sup>st</sup> offense.

Kevin Noble, charge: alcohol intoxication in public place, 1<sup>st</sup> and 2<sup>nd</sup> offense.

Tammy L. Overbee, charge: flagrant non support.

Richard Pounders, charge: speeding, five miles per hour over limit; charge: possession of open alcoholic beverage container in motor vehicle prohibited; charge: operating motor vehicle under influence.

Ricky J. Reece, charge: trafficking controlled substance, 1<sup>st</sup> offense.

Bobby Riley, charge: operating motor vehicle under influence, 1<sup>st</sup>; charge: operating vehicle with expired operators license; charge: license to be in possession; charge: possession controlled substance, 3<sup>rd</sup> degree.

Darrell Roberts, charge: operating motor vehicle under influence, 1<sup>st</sup> offense; charge: possession of marijuana.

Brian T. Rose, charge: probation violation, for felony offense.

Christopher J. Salyers, charge: operating on suspended/revoked operators license; charge: operating motor vehicle under influence, 1<sup>st</sup> offense.

Granville Sewell Jr., charge: assault, 2<sup>nd</sup> degree.

Billy Shepherd, charge: serving warrant for other police agency; charge: operating motor vehicle under influence, 4<sup>th</sup> or >; charge: no/expired registration plates; charge: no/expired KY registration receipt; charge: failure to produce insurance card; charge: failure of owner to maintain required insurance, 1<sup>st</sup> offense.

Anthony S. Wood, charge: serving warrant for other police agency; charge: cultivate marijuana five plants of >, 1<sup>st</sup> offense.

Brian T. York, charge: alcohol intoxication in public place.

to comply w/sex offender registration, 1<sup>st</sup> offense; charge: probation violation for felony offense.

Gregory A. Watts, charge: burglary, 1<sup>st</sup> degree.

April Wilder, charge: excessive windshield window tinting; charge: obstructed vision and/or windshield; charge: failure to produce insurance card; charge: failure to wear seat belts; charge: failure of owner to maintain required insurance.

April Wilder, charge: speeding 10 mph over limit; charge: license to be in possession.

Scottie R. Wilson, charge: operating motor vehicle under influence, 1<sup>st</sup> offense.

Anthony S. Wood, charge: serving warrant for other police agency; charge: cultivate marijuana five plants of >, 1<sup>st</sup> offense.

Brian T. York, charge: alcohol intoxication in public place.

## Licenses

The office of Lee Circuit Court Clerk Emma C. Adams issued the following licenses and permits the week of September 12: **Automobile licenses** – Joseph Tirey, Randall Ross and Jacklyn Jewell; **Automobile permits** – Brandi Underwood, Justin Austin and Taylor Lainhart; **Automobile intermediate license** – Shawna Moore; and **Motorcycle permit** – Robert Whisman.

## Clarification

The Kimberly Phillips Newman listed in last week's jail report is not the Kimberly Newman who works at Bear Track Grocery.

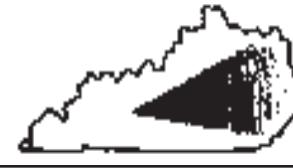
## Eye to Eye

with David Blandford, M.D.

### WORKING TO PRESERVE EYESIGHT

According to the Federal Occupational Health Agency, approximately 1,000 eye injuries occur in American workplaces each day. And a very unfortunate statistic is that three out of five of these injuries involve employees who are either not wearing eye protection or are wearing eye protection that is ill-suited for the task at hand. It is estimated that more than nine out of ten eye injuries in the workplace could be prevented with the use of proper safety eyewear. It is critical to note that improper eyewear may actually have the potential to do more harm than good. Such is the case when shattered lens fragments enter the eyes of those not wearing recommended safety eyewear with shatterproof lenses.

P.S. The recommendation to wear safety eyewear at work also extends to home workshops and activities such as woodworking and mowing the lawn.



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## Diagnosing Sleep Difficulties

Lack of sleep is a widespread problem in America, affecting not only our mental alertness, mood and ability to focus during the day, but also our long-term health. Chronic, long-term sleep disorders affect more than 40 million Americans, according to the National Institute of Neurological Disorders and Stroke (NINDS) – and an additional 20 million people have occasional sleeping problems.

Men are more likely to suffer from sleep apnea, according to health experts; however, women have two to three times the risk of insomnia, according to the National Sleep Foundation (NSF). One reason that sleep apnea may be diagnosed more often in men, according to the NSF, is that sleep apnea in women is commonly misdiagnosed as depression, diabetes, hypertension, hypochondria, or several other health conditions. Sleep in women is also influenced by the menstrual cycle, biological life stage, stress level, health, mood, parental status, work hours and other life responsibilities.

As we age, sleep patterns change and sleep problems become even more common. A person may sleep less, experience fragmented sleep – dozing and waking in irregular patterns – or have more difficulty falling asleep and staying asleep. These changes may also be caused by a chronic illness or medication. Also, as we age, our bodies produce less of the chemicals and hormones that help us sleep well, such as growth hormone and melatonin.

### Diagnosing Sleep Disturbances

If you're having trouble falling or staying asleep, or experiencing daytime drowsiness, a sleep study can diagnose potential disorders and help with treatment. A sleep study is performed in a controlled environment while you sleep and is supervised by medical professionals trained in sleep disorders. Your body is observed and monitored to see what occurs during sleep, from snoring to halted breathing.

### Treatment

If you have a sleep disorder, it's important to seek diagnosis and treatment. Treatment may be as simple as lifestyle changes, such as losing weight

or quitting smoking, or taking certain medications such as a topical nasal decongestant.

Other treatment options may include surgery or the use of medical devices to help you breathe easier and sleep better. A continuous positive airway pressure (CPAP) device is commonly prescribed for people with moderate to severe sleep apnea. Consisting of a mask and air machine, a CPAP device delivers a steady, gentle stream of air, to keep the tissues of the nose and throat open during sleep. Other helpful devices are a humidifier in the bedroom, or special pillows to promote proper sleeping positions.

If you or your partner has symptoms of a sleep disorder, talk with your doctor about participating in a sleep study. To learn more, visit [www.kentuckyrivermc.com](http://www.kentuckyrivermc.com); click on "Health Resources" and "Interactive Tools," and take the Sleep: Test Your Knowledge assessment, the Sleep Quiz or the Sleep Apnea Quiz.

### Are You a Candidate for a Sleep Study?

When you're not getting a good night's sleep, sometimes the reasons are clear: you're staying up too late, not getting the recommended hours of sleep per night, or having trouble falling asleep due to lifestyle habits, such as over-consumption of caffeine or other stimulants. Often, the cause of sleep trouble isn't so obvious – and restful sleep continues to elude you.

A sleep study can help your doctor learn information about brain and muscle activity that affects the quality of your sleep. This includes facial twitches, teeth grinding, leg movement, and eye movement; airflow, breath temperature, snoring, and any interruptions in breathing; and even the level of oxygen in your blood.

During a sleep study, most of these activities are monitored through electrodes (small pads with electric wires attached to carry signals) which are painlessly attached to your



head and parts of your body. Recorded electrical signals by your brain and muscles are transmitted and recorded so that sleep specialists can "read" the study, or examine the patterns in your brain waves and muscle movement during sleep, looking for any unusual activity.

Sleep difficulties that can be detected by a sleep study include sleep apnea; narcolepsy (problems staying awake); nighttime behaviors such as sleepwalking or night terrors; insomnia; restless legs syndrome; as well as problems with stages of sleep. A sleep study can determine if you are having difficulty transitioning between the two stages of sleep: non-rapid eye movement, or NREM; and rapid eye movement, or REM, stage, which can make it hard to sleep soundly.

Some common sleep studies include:

- Polysomnogram – a test that records several body functions during sleep, including brain activity, eye movement, oxygen and carbon dioxide blood levels, heart rate and rhythm, breathing rate and rhythm, the flow of air through your mouth and nose, snoring, body muscle movements, and chest and belly movement.

- Multiple sleep latency test (MSLT) – a test that measures how long it takes you to fall asleep. It also determines whether you enter REM sleep.

- Maintenance of wakefulness test (MWT) – a test that measures whether you can stay awake during a time when you are normally awake.

A sleep study is conducted overnight, in a sleep lab, a comfortable and private environment designed to feel like your bedroom at home. Sleep study participants generally receive instructions from their physician to help them prepare for the study, such as avoiding caffeine and other stimulants (which can affect your ability to fall asleep and change the outcome of the

study), and providing a list of items to bring (your own pajamas, a toothbrush and a change of clothes, and, if you wish, a pillow from your bed at home).

How Much Sleep We Need  
Sleep needs vary and change throughout our lifetime.

### Infants

Birth–2 months: 12–18 hours/day\*

3–11 months: 14–15 hours/day\*

### Toddlers/Children

1–3 years: 12–14 hours/day\*

3–5 years: 11–13 hours/day\*

5–10 years: 10–11 hours/night

### Adolescents

10–17 years: 8.5–9.5 hours/night

### Adults

18 and up: 7–9 hours/night

- Including naps

### KENTUCKY RIVER SLEEP CENTER

A beautiful and comfortable environment specially designed to diagnose sleep disorders.

### OUR MISSION:

We are all here for a common purpose—to provide our patients effective care and treatment of their sleep complaint. What we say, what we do and how we do it contributes to the care and satisfaction of our patients, their families, and their physicians.

We strive to be recognized by our market as the industry leader, providing patient care services in the regional area where we are located. Our program is organized to provide the most supportive service to each patient to meet our mission to provide unsurpassed quality care for our patients, striving to exceed expectation with the goal of improving their quality of life.

Team commitment and integrity will be the forces driving our services. Therefore, we strive to support, as sleep professionals, the standards of practice as defined by the

American Academy of Sleep Medicine and The Joint Commission.

### KENTUCKY RIVER SLEEP CENTER

We perform sleep studies that aid in the identification and treatment of sleep apnea and other sleep disorders. During a study, the person stays all night in a modern, comfortable room. Advanced equipment monitors and records the persons' reaction to sleep, including:

- Brain waves
- Breathing
- Muscle Activity
- Eye Movement
- Heart Rate
- Oxygen Level

### THE DANGERS OF SLEEP APNEA:

Sleep Apnea is a medical disorder. It causes a person to stop breathing for periods of time during sleep. Breathing stops repeatedly and it can happen dozens to hundreds of times a night. Each time, the person stops breathing for 10 seconds or more, then suddenly gasps for air. Between each gasp and the next time breathing stops, the person usually snores loudly. Sleep apnea is a serious health and safety risk. Being tired can affect every part of your life. Sleep apnea can be linked to other serious health problems.

People with untreated sleep apnea may be more likely to have:

- High blood pressure
- Heart problems
- Strokes

Treatment can make a world of difference in helping you sleep better, have more energy, enjoy better health and get more out of life. If you have symptoms of a sleep disorder, talk with your family doctor about participating in a sleep study. To learn more, visit [www.kentuckyrivermc.com](http://www.kentuckyrivermc.com); click on "Health Resources" and "Interactive Tools," and take the Sleep: Test Your Knowledge assessment, the Sleep Quiz or the Sleep Apnea Quiz.

Team commitment and integrity will be the forces driving our services. Therefore, we strive to support, as sleep professionals, the standards of practice as defined by the

**Kentucky has the 12<sup>th</sup> highest breast cancer death rate in the nation.**

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